

## 16. Information to the doctor

Applies to the sufferer:

Arctic regrets the injuries that have occurred while working in our company, please start treatment as soon as possible.

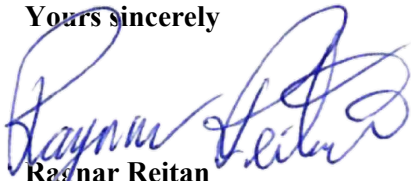
The Arctic company is interested in ensuring that the sufferer receives the best possible care so that he can return to normal activities as soon as possible.

Apart from the fact that the sufferer is a valuable employee of the company, our experience shows that the process of recovery takes place more quickly when the sufferer is staying in his usual environment.

Arctic wants to inform, therefore, that with many different operations on the project, in most cases it can offer alternative work, adapted to the capabilities of the employee in the same workplace.

Arctic asks for contact from the attending physician so that he can assess whether the fitted work that we can offer will not hurt the convalescence process. We refer here to examples of alternative work on the next page of our HMS / BHP manual.

Yours sincerely



Ragnar Reitan

Mob.: +47 951 20 105

CEO Arctic Building & Construction AS

**We can offer an alternative job with the following tasks:**

Practical tasks, production:

- Maintenance, cleaning equipment
- Production support, assistance, driver work, work on attaching lifting loads
- Courier's work, light transport tasks
- Organizing storage, containers, etc.
- HMS / BHP control

Work for HMS / BHP (additional control):

- List of chemical substances, familiarization, registration and control
- Control of safety equipment

Other possible works:

- Language training (Nordic / English / Polish)
- SJA and documents, raising knowledge
- Familiarizing yourself with the operating instructions, safety regulations when operating the devices
- Becoming familiar with the requirements of Health and Safety / HMS and principles of quality assurance, etc.

Administrative duties:

- Drawings, quantity control, drawing control
- Mail handling, copying, shopping

Various courses and training

- Adapted to each individual

Other tasks are assessed in cooperation with the injured person.